
Ref[U]se Plastix

LOW IMPACT LIVING GUIDANCE



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Yo[u]r good intention matters.

Thank you for contributing to this zero waste challenge. This guidance is all about you and your journey.

This needs a full commitment because it will not be easy as we'll be doing it for eight weeks. But I promise you it has many benefits for yourself health, financially, and also our planet! I am not an expert, I am learning every day trying to live a sustainable lifestyle, we'll do this together. It's not about perfection, try our best.

Things you should know before going zero waste.

Zero waste word comes from an industrial term in the process of manufacturing of closed-loop production or a circular method. Our economy system at the moment has not supported a perfectly zero waste lifestyle yet as we live in a linear based economy, take, use and toss. Do not get intimidated by the word **zero waste**, it simply means *we carefully and intentionally producing and consuming a product (Andrea Sanders)*, or simply **try our best to minimize our waste as much as possible**.

Zero waste lifestyle is the process, zero waste to landfill is the goal.

Gently remind yourself not being too hard on yourself when you fail. Embrace your journey and be the example. Do not judge yourself or others. Everyone has different journey, be the example and we will inspire others. Another thing is to value and enjoy the things we have, to live in simplicity and stick with a few valuable items only rather than many items with different purposes. Do not be fooled by those giant marketeers. We do not need to add new unnecessary item to our space. Our modern disposable culture shape us to have a consumptive mindset. To have more, always looking for fulfillment, hard to get satisfied. We forget the beauty of having a space, appreciate what we have. Life gets much easier with only a few items we value the most, having clear spaces, and it will lead us to happiness.



Refuse things you do not need.

Reduce things you need.

Reuse things you have.

Repair things that broken.

Replace or buy things sustainably.

Recycle the recyclable trash.

Rot or compost the food waste.

Those are steps for us individual can make to achieve zero waste to landfill. The failure of zero waster newbies comes when they buy unnecessary stainless products while still having the durable plastic ones. The most sustainable product is the one you already have, even if it made out of plastics, it is wonderful to use them before purchasing the sustainable products. Do not hate the plastics, plastics are incredible materials ever existed in human history, cheap and durable, the poor design to decompose itself and terrible waste management make us to avoid them at the first place, and to do this challenge.

Recycling and composting as much as possible does not lead to zero waste. The production of manufacturers are highly in demand as the consumers keep accepting them. Disposable culture has eat us alive, convincing us to save our time and increasing productivity. The reality is our society becomes more consumptive than productive. Recycling which requires a lot of energy is not the solution and ideally it has to be minimized as much as possible, rather than maximized. Refusing and reducing is the solution to prevent waste at the first place.

The great thing about this lifestyle is we do not have to wait for the government or higher authority to act, every choice we individually make effects somewhere else and in another time. The solution is in your small daily choice, it is impactful and powerful enough to make difference. Make the connection.

Week 1

WHAT TO PREPARE

1. Jar (for storing all trash that you can't recycle) []
2. Tote bag (have it accessible at all times to eliminate plastic bags) []
3. Reusable straw (optional) []
4. Reusable bottle []
5. Coffee cup (optional) []
6. Reusable utensils []
7. Handkerchiefs (alternative of tissues) []
8. Food container []

1. **Look at your bin**, get to know yourself more from it, what kind of waste you most contributing to!

Again, **the most sustainable products are the one you have**, if your plastic toothbrush is still usable, then you do not need the bamboo ones. In the beginning of this journey, you might forgot to ask for no straw, just to make a mental note so you know for next time, tell yourself ***it's okay and keep moving***. Don't forget to keep the plastic straw, the waste bank will take those. A reminder that reusable straw is an optional and kind of unnecessary while you can drink straight from the glass. Do what's best for you.

Find and contact waste bank nearby.

2 ***Refuse single-use! Learn to say no.*** Refuse plastic bag. Plastic straws. Plastic water bottle. Plastic cutleries. Plastic lining coffee cups. My tip is to put all your reusables bottle, straw, cutleries or coffee cup inside your tote bag, and put your tote bag inside your vehicle or in your bigger bag.



Avoid unnecessary things you subconsciously take in day-to-day life, such as flyers and merchandises giveaways, spundbon bag does not last long and the plastic material easily crumble, paper cups for tea and coffee or paper food lining, because they also have plastic lining around and they can not be recycled, biodegradable products that contains PLA material as most of the time they can not be recycled unfortunately. Frustrating! Best to avoid biodegradable plastic because it takes exposure to high temperatures and sunlight, and they will not biodegrade once enter the ocean. Pay attention on ***greenwashing***.

3 Reduce 50% of packaged snacks and food. Go to bulk store or health food store for sweets and snacks.

Handkerchiefs or **cut unused cloth to replace tissue** inside your house. To make it easier, put these cloth pieces in one big jar.

4 Make sure to finish all your food in plate. The contamination of food waste with plastics in landfill creates gas emissions. Buy groceries or food mindfully and carefully, make sure it's a good amount and not too much. Giving your food waste to street dogs or cats are wonderful thing to do. Avoid take-aways food unless you have your own container (no sauce needed), ultimately avoid Go-FOOD as well. You can do it.



Week 3

WHAT TO PREPARE

1. Produce Bags (for groceries or snacks) []
2. Jars 2 pcs and containers 2 pcs []
3. Naked soap []
4. Shampoo bar/ lemon []
5. Any vinegar []
6. Tooth powder/ homemade paste []
7. Composter indoor/ outdoor []
8. Baking soda []
9. Coconut oil (optional) []

5 Reduce 90% of packaged snacks and food. Bye bye supermarket, choose healthier options like fruits, unpackaged snacks or sweets in bulk store or bakery nearby your house, or you can choose only 1 plastic packaged of your most favorite brand and recycle the plastic after. Make sure if your waste bank can be able to receive the packaging, if not, avoid purchasing it at the first place.



Welcome to zero waste bathroom! You can find local brands of unpackaged soap or paper packaged soap, shampoo bar, and tooth powder in your area. Another option is DIY, no shampoo method using only lemon or vinegar, you can also replace conditioner with 4:1 vinegar and water (put essential oil to

make it smells better). Alternative for toothpaste is baking soda, coconut oil (optional) and peppermint essential oil. My favorite recipe is 50:50 baking soda and charcoal powder (a little bit messy but works great), and 10 drops of peppermint essential oil. Stainless razor is available nowadays to purchase, make sure to use it slowly and gently.

It's not nice to put chemicals and toxins to your body or skin, even most of regular face washes, toothpastes, shampoos and soaps contain **microbeads**, these tiny plastics bits will run into the water stream and can be eaten by fish.

6 Zero waste kitchen is fun. Buy only unpackaged food, traditional market is the place to go! Bring produce bags for greens and fruits, jars for spices, and containers for tofu or meat, **reducing your meat and seafood consumption** is highly impactful to reduce carbon footprints and helping the balance of our ocean ecosystem, so be mindful of the food we consume as well.

7 Compost your organic waste. Find the easiest way, you can make a Biopori method (a cylindrical hole made vertically inward) in your garden, it works best to put animal-bones, shell-fish, dairy products, or a regular compost bin using anaerobic (without oxygen) or aerobic (with oxygen) method, make sure to chop your food scraps into pieces to



make it decompose easier, and use fermentation activator like EM4. **Balance the mixed between green matter and brown matter.** Green matter which comes from vegetables or green leafs and brown matter from soil and dry leafs. If it releases smell or gets wet, it means the matter is not balanced. The fermentation process of Biopori method is faster than a regular compost bin. Many different techniques you can find online as well. The regular compost bin is not ideal to put animal products as it might appear maggots. To combat the proliferation of maggots simply put more brown matter or lime. Find a regular composter that you can purchase in your area. Why should we compost? *Do you know when organic waste mixed with plastics in the landfill will release green house gas emissions such as methane which creating global warming?*

Week 5

WHAT TO PREPARE

1. Reusable pads/ menstrual cup (female) []
2. Reusable diapers (optional) []
3. Loofah (alternative of sponge or scrubber) []
4. Baking powder []
5. Essential oils (lavender/ tea tree/ lemon) []
6. Vinegar []
7. Castile soap / nut soap/ lemon []
8. Coconut oil (optional) []
9. Glass bottle (optional) []

8 Stop buying new clothes for a while, try to **be grateful for what you have**. Clothing waste is one of the biggest waste contributor, avoid fast-fashion companies, try to upcycle your old clothes into something useful too. Choose to buy secondhand items instead, they are amazing if you can find it right! Remember **buying sustainable product is the last option. Buy to replace, not to add**.

Rethink third times before buying, make sure you truly need it, if you find something you desire to buy, my tip is to **go home do not purchase it**. Think about it for one or two nights, your attachment to the particular item will slowly dissolve, if you think you need it after the third day, then go ahead and buy it.

9 Someone having birthday soon? Wrap your present in old newspaper, paper boxes or cloth **furoshiki** wrapping method. Clothing paper tape can't be recycled, the alternative is gummed tape, or simply tie with any rope available.

Only for ladies. No trash period. Can you imagine the bleach from regular tampon or pads entering your vagina? Thanks to menstrual cup, girls' most favorite zero waste product, it feels amazing and it can stay until ten years! Just relax your muscle when you try to insert it, and let it pop effortlessly. Try to insert it in the shower to make it

easier. You can also put thin clothing under the cup to prevent the blood gets leaking in your heavy flow!

Zero waste sex? There is no sustainable condom brand in Indonesia yet. Do not reuse lol, make trash on this one.

For amazing moms out there, educational wooden toys can be purchase online on Tokopedia and reusable diapers are available from **Baby Oz** local brand.

10 DIY cleaners, so easy. **All purpose cleaner recipe: 50:50 water and vinegar, 10 drops of essential oils** to spray anything. Here are the recipes; (a) toilet: Put baking soda powder, vinegar and drops of essential oils; (b) laundry: Put 4-6 soap nuts inside a small bag and put it together with the clothes on laundry machine or simply bucket; (c) air freshner: Mixed water and essential oils; (d) dish cleaner: Mixed water 1 part and castile soap 4 parts, and loofah as an alternative for sponge; (e) mop flooring: Mixed hot water and castile soap in a bucket; (f) furniture polish: coconut oil; (g) carpet deodoriser: Mixed baking soda and essential oils; and (h) hard stained like oven: Mixed baking soda, 1tsp of salt and water.

Maximize the use of things you already have before making your own or purchasing it. For DIY make up, skin and beach care recipes are on my upcoming e-book.



Week 7

WHAT TO PREPARE

1. Gloves/ pick up rubbish stick (optional) []
2. Social media (optional) []



11 Contributing to your community and meet good people in your area. Be active. Organize or participate in a beach clean up, road clean up, or temple clean up, the important part after doing clean up is sending the waste to recycling facility or recyclable waste drop-off in your area. Get to know the person who is in charge in the recycling facility nearby your house. Actively involve with children to teach them about waste management in early age. Attend workshops or sustainability events, or simply support and inspire your friends in day-to-day life through your story or social media. Raise awareness and share your experiences with a hashtag:

#RefusePlastix challenge.

Remind businesses to use less packaging wherever you go. You can be direct and call the company, or cooperate with them, and even tag those company brands on social media in a photo of littered plastic packaging you found at the beach. Do your style.

12 Reflection time. Take a look at your jar, which plastics you have to work on. **Send them to recyclable waste drop-off.** Share and ask your followers or friends mindfully who wants to join the Ref[U]se Plastix challenge.

//sol[u]tion.

*I am biased. Check out **Mess Free** or instagram **@mess.free**, we got everything you need as well for daily essentials ;)*

Jakarta

Where can I get unpackaged alternatives of?

Find a **bulk store** nearby you if you are looking for jars, unpackaged soap, tooth powder, shampoo bar, baking soda, vinegar, coconut oil, composter, reusable pads, menstrual cup, reusable diapers, tooth tablets, body butter, cleaning products, or glass cleaning bottle.

Simple reusable essentials you can find it in **other spaces**, or check out **online** at **The Good Trade**, an online platform to provide information of zero-waste local products. Reusable coffee cup, reusable utensils, produce bags, loofah, nut soap, castile soap, beeswax wrap, food containers are available in the platform.

Bulk Stores

Saruga Pack-Free Store

Jl. Taman Bintaro No. 1, Sektor 1 Bintaro Sebelah Superindo

Naked Inc.

Jalan Kemang Timur, RT.1/RW.3, Bangka, South Jakarta

The Bulkstore & Co.

Wahid Hasyim St. No. 47, Menteng, Jakarta

WasteLess

Komp. Golden Fatmawati, Jl. RS Fatmawati No. 15, Blok E-45, South Jakarta

Farmers Market 99 Indonesia

Jl. Pesanggarahan Raya No. 2, Kembangan, Jakarta

Lulu Hypermarket

Plaza Taman Modern, Jl. Raya Bekasi KM. 24, Ujung Menteng, Jakarta Timur

Other Spaces

Cleanomic

Dikolom Spaces, Jl. Puri Sakti 1 No. 26A, Cipete Selatan, Jakarta Selatan

Mess Free

Aksara Bookstore, Jl. Kemang Raya 8B, Bangka, Jakarta Selatan

Untuk Ibu Bumi

HuntStreet Flagship Store, Jl. Sumenep No. 24, Menteng, Jakarta Pusat

Recyclable Waste Drop-off & Waste Bank

Please check [Zero Waste ID map](#) to find out the nearest waste bank location.

Waste4Change

Vida Bumi Alam Hijau, Jl. Alun Alun Utara, Padurenan,

Bali

Where can I get unpackaged alternatives of?

Find a bulk store nearby you, if you are looking for unpackaged shampoo bar, vinegar, coconut oil, reusable pads, menstrual cup, reusable diapers, cleaning products, glass cleaning bottle, reusable coffee cup, reusable utensils, produce bags, loofah, nut soap, castile soap, beeswax wrap, food container, sweets and snacks are available in Zero Waste Bali.

Unpackaged baking soda, glass jars vegan jams, variant of natural naked soaps, fresh breads and cakes, compostable packaging of vegan ice cream, unpackaged sweets and snacks are available in Bali Buda.

Daily essentials such as string bags, reusable spoon-fork, stainless safety razor, loofah, stainless tounge scraper, tea infuser, shampoo bar, snack bag are available at Mess Free. All kinds of healthy sweet and snacks are available at Earth Market. You can find jar in a kitchen store, and tooth powder from [Artesana](#) local brand through online. Reusable food container, recycled cup, and a stainless bottle can be deposited cheaply from [Revolv](#) using their wonderful circular method and you can get your cash back.

Bulk Stores

Soil Organic - Jl. Mertanadi No. 22B, Kerobokan

Zero Waste Bali

Canggu - Jl. Subak Sari 13, Canggu, Badung

Ubud - Jl. Raya Sayan, Singakerta, Ubud

Uluwatu - Jl. Labuansait No. 39, Pecatu

Bali Buda

Ubud - Jl. Jembawan 1 No. 1, Ubud

Batubulan - Jl. Pura Paseh No. 3, Batubulan

Renon - Jl. Raya Puputan No. 108, Sumerta Kelod

Bukit - Jl. Raya Uluwatu Pecatu No. 104, Kuta Selatan

Kerobokan - Jl. Banjar Anyar No. 24, Mengwi, Badung

Other Spaces

Earth Market

Seminyak - Jl. Kayu Aya No. 99, Badung

Ubud - Jl. Gaotama Selatan, Gianyar

Recyclable Waste Drop-off & Waste Bank

Jimbaran Lestari

Jl. Celagi Basur No. 5, Jimbaran, Kuta Selatan

DuaKala Recycle

Jalan Sedap Malam No. 117, Gang Sekar, Kesiman, Sanur

Eco Bali Recycle

Jl. Raya Padonan, Tibuneng, Badung

Plastic Bank

Denpasar

Jl. Gunung Batukaru No. 48B/114, Tegal Kertha

Jl. Waturenggong No. 33 Dauh Puri Klod

Kerobokan - Jl. Gunung Tangkuban Perahu No. 15

Kuta - Jl. Raya Legian

Jimbaran - Jl. Raya Uluwatu No. 10X, Kuta Selatan

Nusa Dua - New Cluster Mawar Pondok Kampial Permai

Applications to Download

RefillMyBottle

An online platform to find water refill spots.

Plastic Bank

A trust-worthy online waste bank platform, showing all the different locations and the contacts around Bali.



Who's behind this.

Nadya Christina

Indonesian raised, 24 years old. Lives in Lombok and-Bali. A sociopreneur, an advocate, a vegan mother, a tree hugger, highly passionate about sustainability and plastic pollution issue. She lives a zero waste lifestyle for one and half years, she owns a reusable products company to share the beauty of the lifestyle and always trying to make good impacts in the community. She encourages to focus on prevention before recycling, eat less meat and meditate regularly, she proves that sustainable lifestyle can be fun and exciting.

Her e-book will be upcoming soon in Indonesian and English languages for more in-depth about *sustainability and minimalist lifestyle*.

“I am always looking for solutions when it comes to sustainability! Any solutions, collaboration, or actions. Hit me up nadya.christ@gmail.com

Lots of love.”

